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## CLAIMS

- 1. A self-lubricating plastics material for sealing elements, comprising a wear-resistant polymer matrix in which are dispersed microcapsules containing a lubricating agent.
- 2. A material according to claim 1, characterised in that said polymer matrix comprises a polyketone.
- 3. A material according to claim 2, characterised in that said polyketone is an aromatic polyketone.
  - 4. A material according to claim 3, characterised in that said aromatic polyketone is polyetherether ketone (PEEK).
- 5. A material according to claim 1, characterised in
  that said polymer matrix comprises a resin selected
  from among polybutadiene-styrene (PBS),
  polytetrafluoroethylene (PTFE) and mixtures thereof.
  - 6. A material according to any one of the preceding claims 1-5, characterised in that said microcapsules comprise a shell of polyoxymethylene urea (PMU).
  - 7. A material according to any one of the preceding claims 1-6, characterised in that said microcapsules have an average diameter of between 5 and 500  $\mu$ .

WO 03/056176 PCT/EP02/14850

8. A material according to any one of the preceding claims 1-7, characterised in that said microcapsules are dispersed in said polymer matrix in a ratio by weight of between 2 and 30 wt.%.

- 9. A material according to any one of the preceding claims 1-8, characterised in that said lubricant incorporated in the microcapsules is an oil which is low in acidity.
- 10. A material according to any one of the preceding claims 1-9, characterised in that said lubricant is a fluid lubricant which has a viscosity within the range between 20 and 250 cSt.
  - 11. A material according to any one of the preceding claims 1-10, characterised in that said lubricant
- 15 further comprises an additive or filler to increase mechanical strength or thermal conductivity.
  - 12. A material according to claim 11, characterised in that said additive is a microelement selected from the group consisting of zinc, boron and mixtures thereof.
- 20 13. Use of a material according to any one of the preceding claims 1-12 for reducing friction.
  - 14. Use of a material according to any one of the preceding claims 1-12 for reducing wear on adjacent surfaces of elements in motion.

WO 03/056176 PCT/EP02/14850

15. Use of a material according to any one of claims 1-12 as a self-lubricating material.

16. Use of a material according to according to any one of the preceding claims 1-12 as a self-lubricating sealing element with a reduced wear rate.

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- 17. Use according to claim 16 in which said sealing element is a sealing ring for a piston in a reciprocating compressor.
- 18. A method for reducing the friction or wear of adjacent elements in motion, in which one of the adjacent surfaces of said sliding elements comprises a self-lubricating material according to any one of the preceding claims 1-12.
- 19. A method according to claim 18 in which one element
  of the sliding pair is based on metal.